



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

History of the Sodium Reduction in Communities Program

CDC launched the Sodium Reduction in Communities Program (SRCP) in 2010 with a 3-year demonstration program. Currently, CDC funds [eight recipients](#) working with local schools, hospitals, worksites, and meal programs to lower the amount of sodium in foods purchased or prepared by these organizations.



Learn more about the history of SRCP and its role in helping Americans reduce their sodium intake.

Round 3: Building on Lessons Learned (2016–2021)

In this current round of SRCP, CDC funds six communities and two states to continue to improve nutrition and increase access to lower-sodium options.

Although findings from the 2010–2013 and 2013–2016 recipients of the program show that sodium reduction is possible and acceptable to consumers, more work was needed in a third round of the program to determine if these interventions result in sustainable, population-wide reductions in sodium consumption; how these strategies influence the supply and help to identify lower-sodium products; and if effective strategies can be expanded to increase impact.

CDC will measure specific outcomes to find out if these strategies meet programmatic goals in the priority venues. CDC will base the assessment on both local and cross-site evaluations.

Learn more

- Learn more about the 2016 recipients' [current activities](#).
- See the [map of the 2016–2021 funded sites](#).
- Read about the [Sodium Reduction in Communities Program](#).

Round 2: 2013–2016

Based on lessons learned during the demonstration, CDC awarded funding in 2013 to 10 communities to start and test promising sodium reduction strategies. These communities worked to reduce sodium intake by adding lower-sodium options in worksites, hospitals, meal programs, early care and education settings, and independent restaurants.

Each of the 2013 recipients of this program documented their successes in the following areas:

















- Developing nutrition standards, such as worksite-specific or countywide food service guidelines that include sodium limits for meals served.
- Working directly with food service professionals on reducing the sodium content of foods purchased or prepared in the kitchen.
- Working with entities that serve or sell food to standardize purchasing of lower-sodium options.
- Developing salt-free cooking practices.








These strategies increase of the number of healthy options available to consumers by lowering sodium content in the food supply.

Learn more

- View the [Early Outcomes for Sodium Reduction in Communities Program](#)  [PDF-437K] infographic.

Read success stories from the 2013 funded sites:

- California
 - Shasta County: [Shasta County Lowers Sodium in Kids Meals at Local Restaurants](#)  [PDF-153K]
 - Los Angeles County: [Choose Health LA: Reducing Sodium in Los Angeles County](#)  [PDF-145K]
 - Los Angeles County: [Using Contracts to Reduce Sodium in Government Food Environments](#)  [PDF-200K]
 - San Diego: [Building Relationships Through Sodium Reduction](#)  [PDF-200K]
 - San Diego: [County Psychiatric Hospital Lowers Sodium in Meals](#)  [PDF-170K]
- Idaho
 - Idaho Falls: [Idaho School Steps Up to Drive Sodium Down](#)  [PDF-314K]
- Indiana
 - Johnson County: [Reducing Sodium—A Johnson County Heart Health Initiative](#)  [PDF-347K]
 - Marion County: [Giving Kids a Head Start on Health: Sodium Reduction in Marion County](#)  [PDF-312K]
 - Marion County: [Sodium Reduction in Vending Machines](#)  [PDF-136K]
- Kansas (Shawnee County): [Eating As Well As the Animals?](#)  [PDF-154K]
- Maine
 - Cumberland and Penobscot Counties: [Sodium Reduction Efforts at Maine Food Pantries](#)  [PDF – 380K]
- Massachusetts: [Massachusetts Highlights the Main Sources of Sodium to Promote Heart Health](#)  [PDF-467K]
- New York
 - New York City: [NYC Healthy Hospital Food Initiative](#)  [PDF-495K]
 - New York City: [Partnering With Food Distributors to Reduce Sodium](#)  [PDF-323K]
 - Broome County: [Reducing Sodium in School Meals is Elementary—Broome County Health Department and Broome Tioga Board of Cooperative Educational Services](#)  [PDF-389K]
 - Steuben County: [Reducing Sodium in Steuben County: Purchase, Preparation, and Portions](#)  [PDF-250K]
- Oregon

- Lane County: [Working Together to Provide Good Options at RiverBend](#)  [PDF-655K]
- Pennsylvania
 - Philadelphia: [Reducing Sodium: Citywide Partnerships and Nutrition Standards](#)  [PDF-249K]
- Texas
 - San Antonio: [Partnering with Worksite Cafeterias to Provide Lower Sodium Options](#)  [PDF-616K]
 - San Antonio: [Teaming Up to Reduce Sodium in Meals for Seniors](#)  [PDF-573K]
- Washington
 - Spokane: [Sodium Reduction in University Cafeterias:Soups, Sauces, and Spices](#)  [PDF-356K]
 - Clark: [Feeding Consumer Demand for Healthier, Lower Sodium Meals](#)  [PDF-192K]
- [Evaluating the Sodium Reduction in Communities Program: Lessons Learned from Planning and Early Implementation](#)  [PDF-819K]

Round 1: 2010–2013

In September 2010, CDC funded five recipients to conduct community-level sodium reduction work. This demonstration program sought to reduce sodium consumption and find out whether consumers would accept the reduction.

Learn more

- Read the *Journal of Public Health Management and Practice* supplement, “[Public Health Interventions to Reduce Sodium Intake](#) ,” which features articles from the 2010 SRCP sites.
- View success stories from several 2010 funded sites:
 - [Shasta County Lowers Sodium in Kids Meals at Local Restaurants](#)  [PDF-153K]
 - [Reducing Sodium—A Johnson County Heart Health Initiative](#)  [PDF-347K]
 - [Eating As Well As the Animals?](#)  [PDF-154K]
 - [Reducing Sodium in School Meals is Elementary—Broome County Health Department and Broome Tioga Board of Cooperative Educational Services](#)  [PDF-389K]

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Content source: [National Center for Chronic Disease Prevention and Health Promotion](#) , [Division for Heart Disease and Stroke Prevention](#)